



	LEAD RUNNER	BACK MARKER
1K	10.03	10.09
2K	10.06	10.18
3K	10.09	10.27
4K	10.12	10.36
5K	10.15	10.45
6K	10.18	10.54
7K	10.21	11.03
8K	10.24	11.12
9K	10.27	11.21
10K	10.30	11.36

— 1st Lap
— 2nd Lap

Kilometre Markers
 are approximate
 and subject to change

2009 Course subject to
 official measure and may
 be changed without notice